

Overcoming Loneliness



Many experts say that loneliness is more about feeling alone and isolated than actually being alone. During a pandemic, the risk of people experiencing loneliness is significant. Here are some tips to combat feelings of loneliness during the current pandemic.

- Use video conferencing to maintain normalcy where possible
 - Have weekly video chats with your social network
 - Have virtual dinner parties or group meetings
- Use text, email or phone calls to check in on others who may live alone or might need support
 - Have a chat with another person who may feel lonely
 - Helping others provides a positive psychological and emotional impact for you

Overcoming Loneliness



- Stay informed on the situation without constant exposure to media coverage or social media posts
 - Obtain your information from credible sources such as your local health department or the CDC
 - Limit how often you check for updates
 - Step away from social media or news coverage if you begin to feel overwhelmed
- Focus on things you can control such as your sleep and hand washing
- Plan for the things you can, like working from home
- Take care of your mind, body and spirit
 - Go easy on yourself if you experience anxiety
 - Maintain a routine as much as possible
 - Take time to do activities you enjoy like reading, sewing, cooking, etc.
 - Find ways to exercise or practice meditation
- Help others for your own physical and mental health
 - Be a calming influence to someone
 - Donate to a food bank
 - Help others in need while following social distancing and hand washing

KCCRB

**24-hour Response
Request Line
(888) 522-7228**

Disaster Distress Helpline



1-800-985-5990



TEXT: "TalkWithUs" to 66746



DisasterDistress.samhsa.gov